



Registered Charity No: 1106520

# Activity Centre





Offering; Information - Advice - Support / Mental - Physical - Emotional

Dec 2017

9am till 1pm, Monday to Wednesday, Thursday 9am till 3pm

**Wellbeing**

Monday	Tuesday	Wednesday	Thursday	Friday
4 <sup>th</sup> Writers <a href="#">Workshop@10.30</a> Christmas tree making With Tara	5 <sup>th</sup> Bill's art group@10.30	6 <sup>th</sup> Xmas Stain glass window Painting with Tara	7 <sup>th</sup> Cooking Group @ 10.30 First Focus writers group Book launch 1pm	Dereham support
11 <sup>th</sup> Community Café Tree decoration making With Tara	12 <sup>th</sup> Bill's art <a href="#">group@10.30</a> Gentle seated exercise 10.30-11.30	13 <sup>th</sup> Community Café Come and make Pine cone Christmas characters	14 <sup>th</sup> Fish and chips Christmas Lunch 12 noon 	Community Outlet Open 4 days a week
18 <sup>th</sup> Christmas Tag Making <b>Open</b>	19 <sup>th</sup> Arts & crafts <b>Open</b>	20 <sup>th</sup> <b>Closed</b> Telephone support	21 <sup>st</sup> <b>Closed</b> Telephone support	Community outlet Open 4 days a week
25 <sup>th</sup> <b>Christmas Day</b> <b>Closed</b>	26 <sup>th</sup> <b>Closed</b>	27 <sup>th</sup> 2 <sup>nd</sup> January 2018	28 <sup>th</sup> <b>Closed</b>	 LOTTERY FUNDED
Telephone support number 07415741921				

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*Day Service Provider*